



Frankfort's Fat Meltdown!



Are you overly healthy and fit?

If you are, great! If you aren't, we have what you need!
Group Fitness Training can help you reach all your health and fitness goals whether you're a beginner or an advanced exerciser. Each class consists of 1 hour of fat melting exercises designed to help you lose weight and build stronger muscles and bones.

Visit www.state-journal.com and search GFT to read a featured story about the program!

Benefits:

- Diet Advice
- Certified Trainer to guide you to a healthier life
- Body Fat Analysis
- Most importantly, a healthier YOU!

Your Investment:

- Members only \$5 per class!
- Non-members \$10 per class!
- State Employee Non-member rate of \$5 per class!
- Hard work and dedication!

Prevention Park YMCA

Mon, Wed and Fri at 9 am or 4 pm

48 classes in 12 weeks. Pay weekly, monthly or even daily!

Downtown YMCA

Tuesday and Thursday at 5:30 pm

24 classes in 12 weeks.

Contact Dan Spicer at 502-875-9276 ext 105
or email at danspicer@frankfortymca.org with any questions.